



Barley Salad with Pear Walnut & Feta

Serves: 4

Ingredients:

2 Tbsp olive oil
1 leek, well rinsed and thinly sliced
1 cup hulled barley
2½ cup water
1 pear, rinsed and diced
2 Tbsp chopped walnuts
2 Tbsp feta or goat cheese

Dressing:

¼ cup extra virgin olive oil
2 Tbsp apple cider vinegar
½ tsp Dijon mustard
¼ tsp coarse salt
fresh ground pepper

Instructions:

1. Heat 2 Tbsp olive oil in a medium cast iron dutch oven (I like Le Creuset but any heavy bottom deep pan will do) and sauté leek for 2-3 minutes, while stirring occasionally.
2. Add barley to the pan and stir to coat well with the sautéed leeks, continue to cook for an additional 2-3 minutes.
3. Add water to the pan and continue to cook, covered for 15 minutes.
4. Turn off the heat and keep lid on for 5 more minutes.
5. Transfer to a medium bowl and add the diced pear, and walnuts and stir again gently; let it cool for 5-10 minutes.
6. Meanwhile, place all dressing ingredients in a small container and whisk briskly to blend well.
7. Add the dressing to the barley salad and stir well.
8. Sprinkle with feta cheese when ready to serve.

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